



Airway Orthodontics & Your Child

Breathing Correctly is Critical to Your Child's Overall Development. It Matters Now More Than Ever.

COVID-19 HAS BROUGHT A LOT OF ATTENTION to something that you likely took

for granted before: breathing. Between wearing masks and the stress of our uncertain times, it is important to ensure that our children are breathing properly - especially at night when they are sound asleep.

Airway orthodontics helps to identify when your child is experiencing cessation of breathing while they sleep and provides solutions which are crucial for their overall health and well-being.

WHY HEALTHY SLEEP MATTERS

Sleep disorders such as Obstructive Sleep Apnea (OSA) create a dramatically increased risk for your child to develop significant health problems as they get older - including heart disease, hypertension, stunted growth, asthma and many behavioral and learning issues. Correcting the problem as soon as possible is key to your child's optimum awake functioning.

EASILY AND SILENTLY

Ideally, your child should be able to breathe in this manner through their nose with their lips closed. This is crucial to not just restful sleep but for optimal craniofacial growth and development.

WHAT ABOUT SNORING?

Occasional snoring is not a concern, however when it is frequent - aside from things such as colds or allergies - it could be cause for alarm. Constant snoring or mouth-breathing in a child could mean that their airway is too small or restricted and this can critically affect their body and brain development as well as create health issues that will follow them into adulthood.

TO FIND OUT MORE OR MAKE AN APPOINTMENT, CONTACT US AT 702-547-9977 OR VISIT US AT:

[SignificanceOrthodontics.com](https://www.significanceorthodontics.com)

WHAT ABOUT MY PEDIATRICIAN?

There are undoubtedly some pediatricians who can recognize when your child is having breathing issues. However, most are generally not experts on things like your child's airway structure or the overall growth of their jaws. An orthodontist specializes in these areas and thus is best equipped to assess what treatment would best suit your child's individual needs.

HOW AIRWAY ORTHODONTICS HELPS

As part of an orthodontic check-up, the doctor will evaluate your child's airway. They will also ask the parent(s) questions about the child's sleeping habits in order to get a complete picture of what the most effective treatment will be.

Things such as tooth eruption, jaw development and the structure of your child's smile are all directly affected by the way they breathe, so based on this evaluation, the doctor can determine what corrective measures are necessary to help your child breathe clearly and avoid health issues in the future.

The best time to see an orthodontist to address a breathing issue is as early as possible - whether they need braces or not.

IF YOU ANSWER "YES" TO ANY OF THESE QUESTIONS, AIRWAY ORTHODONTICS MAY HELP YOUR CHILD:

- Does my child usually awaken sleepy or tire easily?
- Does my child sound "nasally" when speaking?
- Does my child snore frequently?
- Does my child have problems focusing at school?
- Does my child grind his/her teeth?
- Does my child get headaches frequently?

A HEALTHY, PAIN-FREE LIFE

While a great smile is important, there is much more that your child can gain from orthodontic treatment. An in-depth analysis of their breathing functions is a great way to improve their overall body wellness and brain function.

Dealing with COVID-19 is going to be a part of our daily living for some time. Airway orthodontics is a great way to ensure you do all you can to help your child breathe easier.

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SIGNS OF OBSTRUCTED BREATHING MAY INCLUDE:

- Labored Breathing/Snoring
- Difficulty in School
- Bed Wetting
- Ear/Sinus Infections
- ADD/ADHD
- Restless Sleeping
- Obesity
- Nightmares/Night Terrors
- Aggressive Behavior
- Mouth Breathing/Snoring
- Difficulty with Social Relationships
- Moodiness
- Impulsivity
- Lethargy
- Daytime Tiredness
- Short Attention Span
- Overlapping Incisors
- Chronic Allergies
- Hyperactivity
- Stunted Growth
- Swollen Tonsils
- Narrow Jaw
- High Palate
- Enlarged Adenoids

